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Survivor phone line cut short

SEXUAL ASSAULT

Dalhousie University program in funding fight



Zane Woodford
Metro | Halifax

A phone line for survivors of sexual assault and harassment at Dalhousie University will be cut off early this school year after the university's administration and student union were unable to agree on funding.

The phone line started as a pilot project last year, and midway through the year, the university's administration committed to \$30,000 in funding

— half of the expected annual cost of the program.

The program ended up costing \$45,000 for the year, which went to one staff person and training for about 100 volunteers.

This year, the student union wanted to add a second staffer, with a plan to spend \$60,000, but told the administration it could run the program for

\$45,000 again, and asked for at least \$30,000 from the school.

The university offered a total of \$22,500-\$15,000 in new funding, and the \$7,500 theoretically left over from last year's \$30,000.

The student union turned down that offer.

"The money that was offered was tied up in a couple contingents so because of that we're moving forward independently,"

“Because of that we're moving forward independently.”

Rhiannon Makohoniuk

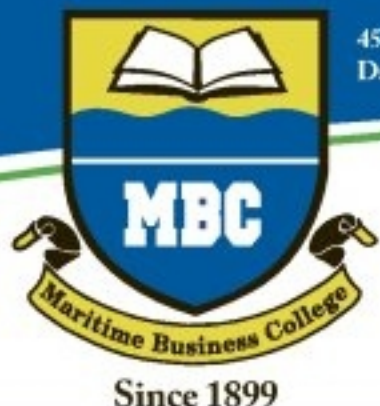
Dalhousie Student Union vice president Rhiannon Makohoniuk

uk said on Monday.

"I think we're committing to the same level of funding that was agreed to in the first year," Dalhousie's vice-provost student affairs, Arig al Shaibah, said on Monday.

The phone line will be staffed from Sep. 3 to Nov. 3., and only between 12 p.m. to 12 a.m. Last year, it was staffed 24 hours a day.

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FURNITURE

Startup aims to be 'more convenient' app for students



Haley Ryan
Metro | Halifax

Students scouting for furniture this fall can bring the power of the curb to their phone.

Last week Curbza, a person-to-person selling and decluttering app based in Dartmouth, launched networks for every university and NSCC campus in

the province to make it easier for students to find what they need in their actual neighbourhood.

"Everyone's used to Kijiji or other things, but this is so much better because you can actually make sure you're talking to people on campus," Elizabeth O'Hanley, Curbza marketing director, said Friday in the start-up's Tacoma Drive office space.

"It's a bit more safe and a bit more convenient. You're not going to talk to someone in Bedford if you were at (Dalhousie)."

O'Hanley, a 25-year-old Prince Edward Island native who recently graduated from

NSCC Waterfront, said she joined the team about three months ago.

Co-founder and CEO Scott Theriault, who is from Halifax and went to Dalhousie University for computer science, added the app has been in the works for the past year.

The app is open to anyone, but both O'Hanley and Theriault, 23, said unlike Kijiji it's the specific networks that make it much more user-friendly.

The school networks may be open right now, but users can also create private networks to be extra secure so only people in one residence, group of friends, family, or workplace can browse through the property up for grabs.

In-app messaging means users also never have to give out their email or phone number, O'Hanley said, adding they'd like to do as much as possible within the app like adding bank transfers.

The other advantage of the app is an inventory system, Theriault said, where you can take photos of your valuables and keep them in a private "stash" until you're ready to part with something by sending it to the "marketplace" for sale. Besides just selling

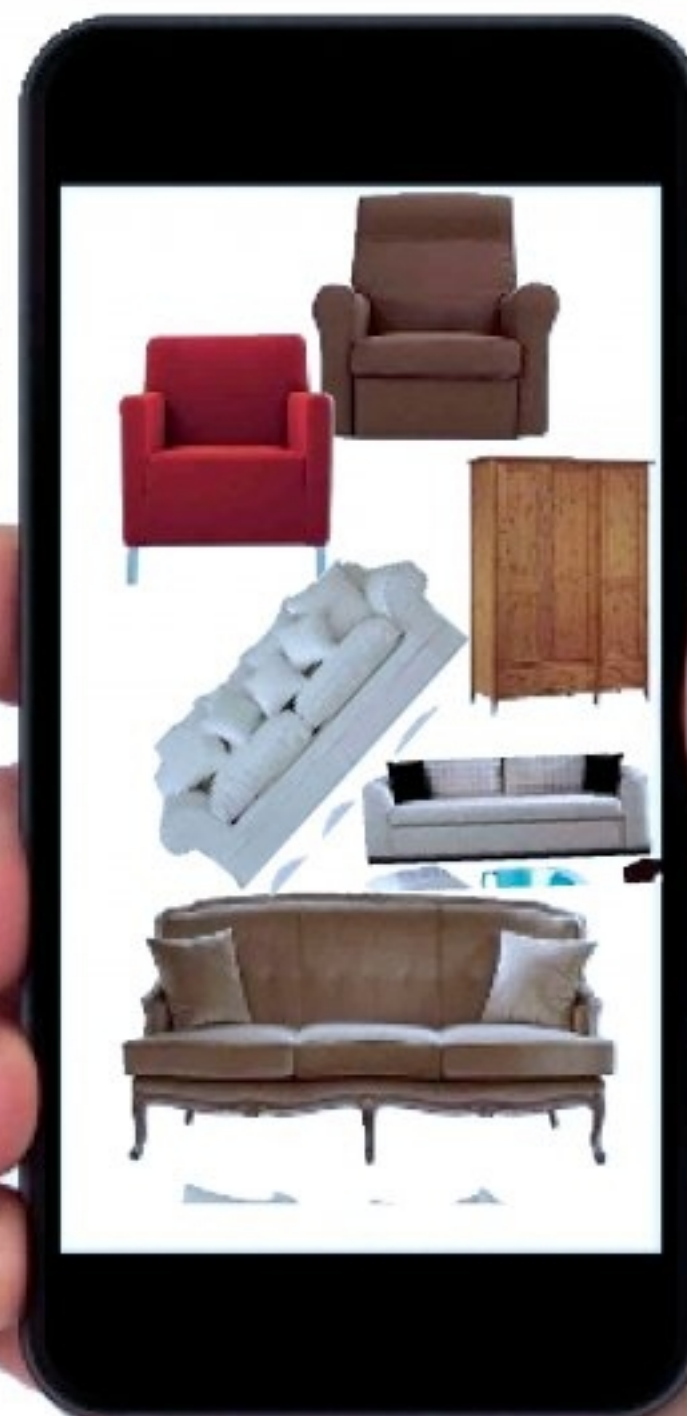
items, O'Hanley said an inventory is useful for insurance or theft purposes, rather than having a string of ads you have to keep checking on in Kijiji.

Halifax was the ideal place to set up because of the "start-up community," O'Hanley said, and 23 colleges and universities within just hours of each other across N.S.

The pair hope the app will always remain free for regular users, and raised \$83,000 in their recent fundraising round.

They have 150 downloads so far, and Theriault said he just wants to see it helping people move in and out of campus, or anywhere in Halifax, while also aiming to go international.

"We'd like to be the world's decluttering app," O'Hanley said with a smile. Curbza is available on Google Play and the App Store.



Scott Theriault and Elizabeth O'Hanley of Curbza pose for a photo in their Dartmouth office on Friday. **HALEY RYAN/METRO**

“No one wants to sit at their laptops ... if you can get it on your phone, you'd rather do it on your phone.”

Elizabeth O'Hanley



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'What was any of this for?'

JUSTICE SYSTEM

Despite verdict, woman regrets reporting sexual assault

The man she accused of raping her was convicted of sexual assault — but a Nova Scotia woman says she now regrets going to the authorities.

Shannon Graham, 22, told police that her common-law spouse, Jared Beck-Wentzell, sexually assaulted her in their home in Bridgewater in July 2014. Earlier this year, Beck-Wentzell was convicted of sexual assault and sentenced to two and a half years in prison, but the 23-year-old was released in June pending appeal.

"I got what most people hope to get. I got the conviction. I got the sentence. And yet, he's out free," Graham says. "I sit there and I go, 'What was any of this for?'"

The Canadian Press only identifies victims of sexual assault with their active consent. Graham has asked to be publicly identified and went to court to successfully get a publication ban on her name lifted.

Despite the ostensibly successful trial, Graham said the two-year journey through the legal process has been punishing.

At every juncture, Graham says Beck-Wentzell was given the benefit of the doubt, while she says she



Shannon Graham says she regrets reporting her sexual assault to the police and says she wants to let people know how the criminal justice system works. DARREN CALABRESE/THE CANADIAN PRESS

was treated "like a piece of evidence" and less than "an actual human being."

In July 2014, Beck-Wentzell came home from work to find Graham in bed. The couple had been fighting, and Graham testified at trial that Beck-Wentzell started removing her pyjamas and she said "no." She told the court he continued to sexually assault her while she tried to shove him off and repeatedly said "no."

"Maybe it'll make people look at how the justice system is set up, but I know one person doesn't have the power to change all that."

Shannon Graham

Beck-Wentzell testified that he and Graham were "making out," and told the court he didn't "force her into anything."

He said he asked Graham if

she "wanted to keep going," and stopped after she said no.

Beck-Wentzell's lawyer, Nicholas Fitch, said in an interview he will appeal the provincial court's verdict on

the grounds that a defence of "honest but mistaken belief in consent" was not considered, and that the judge misunderstood a portion of Beck-Wentzell's testimony.

While waiting for the Nova Scotia Court of Appeal to hear the case, Beck-Wentzell has been released on a peace bond with conditions, including that he stay a certain distance away from Graham and abide by a 10 p.m. curfew.

Experts say Graham's experience is far from uncommon. While advocates urge victims of sexual violence to bring their complaints to the authorities, they acknowledge that the relentless grind of the criminal justice system can dredge up past traumas, and even create new ones, with no guarantee of a favourable outcome.

"I give my evidence, that's my part. How it affects my personal life? How it affected me? That doesn't matter to them," Graham says. "(Victims are) not just something you can pull up to the stand and use as a little puppet."

Graham says she also felt muzzled by a publication ban on her identity, preventing her from responding to what she called "trash talk" in her small community.

"For two years, I sat quietly ... I let people spread lies about me. I sat home, since I now do not like to leave my house really ever," she says.

"It was very frustrating to know that everyone had the right to say my name, when I couldn't."

THE CANADIAN PRESS

BRIDGEWATER

Police chief accused of sex assault

A veteran police chief in Bridgewater has been placed on leave while investigators look into allegations of sexual assault and obstruction of justice made against him in relation to a teenaged girl.

Nova Scotia's Serious Incident Response Team, or SIRT, announced earlier this month it was investigating information from an outside police force about the incidents involving the teen.

David Walker, the mayor of Bridgewater, confirmed Monday that Chief John Collyer is the person being investigated and that he was placed on administrative leave by the community's police commission several weeks ago.

Walker says he was caught off guard by the allegations.

"We're shocked and surprised," he said. "We're concerned for victims and Chief Collyer and his family."

"We hope that the SIRT team does a thorough investigation and makes a determination at some point, hopefully quickly and once all the facts are received."

The mayor said he's hoping the investigation will help clarify what occurred and the information will be forwarded rapidly to the police commission.

"I think everybody in the community is going to be shocked with the allegations and everybody is going to be anxious to have the report and find out what is accurate and what is not," said Walker.

No charges have been laid and Collyer was unavailable for comment. THE CANADIAN PRESS

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DALHOUSIE CAMPUS BIKE LANE INSTALLED A cyclist rides down University Avenue. The partially-protected bike lane, running between LeMarchant and Robie Streets, was installed over the weekend nearly two years after the idea was first pitched. ZANE WOODFORD/METRO

A murder mystery

COLD CASE

Police still seek info on Jason MacCullough



Yvette d'Entremont
Metro | Halifax

Seventeen years after Jason MacCullough's murder, police remain convinced someone knows something about how the teenager died.

"We really believe there are people who know what went on that night, and the more often we can get it out and the more often we bring up the topic, then hopefully one of those people or all of those people who know what happened that night will

come forward," Halifax Regional Police spokeswoman Const. Carol McIsaac said in an interview. "That's our main goal."

MacCullough was 19 when he was shot and killed on Aug. 28, 1999. His body was found at about 2:30 a.m. on a paved path between 100 and 104 Pinecrest Dr. in Dartmouth.

In a media release, police said they believe the teen was passing through the area while walking home and used a well-known shortcut between buildings.

There was no indication MacCullough was involved in any type of criminal activity, leading police to believe his death was a random act.

"The name Jason MacCullough still resonates for everybody ... I think the most important thing is that this kind of triggers the memory of people," McIsaac said



Jason MacCullough CONTRIBUTED

of marking the anniversary of his murder. "It may always be in the back of their minds but to send it out triggers it and brings everything forward again."

Police urge anyone with information, regardless of how small the detail, to call 902-490-5333 or send anonymous tips via Crime Stoppers.

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Halifax Needham



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CRIME

Man stabbed in face during fight in Dartmouth

Police are investigating an incident in Dartmouth that resulted in a man sustaining a stab wound to his face.

In a media release, Halifax Regional Police said officers responded at 8:11 a.m. Monday to a report of an injured person in the Victoria Road area of Dartmouth. Upon arrival police found a 31-year-old man suffering from a stab wound to his face. He was transported to hospital for treatment of non-life-threatening injuries.

Police said they believe an altercation involving the victim and two men and a woman took place inside an apartment on Jackson Road. They don't believe the incident is random.

METRO

Four men sought after assault in driveway

Police are investigating after a man was assaulted by four males in his own driveway. In a media release, Halifax District RCMP said they received a report shortly after 1 p.m. Sunday from a 44-year-old man.

He told police that when he exited his vehicle in his driveway on Montague Road, four males began assaulting him. One reportedly had a handgun in his possession. The victim was transported to hospital with non-life-threatening injuries.

All four men were last seen walking along Montague Road towards Main Street. METRO

Governors, premiers click in Boston talks

DIPLOMACY

Chiefs meet to discuss energy, climate change, economy

The New England governors and eastern Canadian premiers praised their working relationship Monday as they wrapped up an annual meeting in Boston that they described as a continuation of talks started last year on energy and climate change.

Prince Edward Island Premier Wade MacLauchlan said they expect to have a strategy ready by next year on how they can meet targets for greenhouse gas reduction.

"We intend for that work to continue at the officials level and it may well be that the governors and premiers will take some part in that between now and when we meet in 2017," he said.

Last year, the premiers and governors committed to lowering greenhouse gas reductions by 35 to 45 per cent of 1990 levels by 2030 and upwards of 85 per cent by 2050.

Newfoundland and Labrador Premier Dwight Ball said he took the opportunity to promote the Muskrat Falls hydro project but the emphasis now is getting it completed.

"Our concern right now is to finish this project, get it



Nova Scotia Premier Stephen McNeil, centre, speaks during a conference of New England's governors and Eastern Canada's premiers to discuss closer regional collaboration on Monday in Boston. The 40th edition of the conference includes leaders of six states and five provinces. ELISE AMENDOLA/THE ASSOCIATED PRESS

on schedule, and to get it on budget as best we can," he said at the closing news conference.

Massachusetts Gov. Charlie Baker said green energy from Canada will play a big role in helping to reduce the use of traditional power sources.

"We are currently in the

process of working with our colleagues from Connecticut and Rhode Island on a three-state procurement of hydro and wind from Canada, upstate New York and Maine which I think has the potential to help us to reduce our carbon footprint," Baker said.

THE CANADIAN PRESS

+ RELATIONSHIPS

The governors avoided wading too deep into the conversation about the upcoming U.S. election, instead emphasizing the strong economic relationship between

the New England states and eastern Canadian provinces.

"The value of these relationships are much bigger than any one person," Baker said.

EDUCATION

Board to vote on new junior high school for north end



Haley Ryan
Metro | Halifax

A new junior high school could be coming to Halifax's north end, depending on a school board vote this week.

A special Halifax Regional School Board (HRSB) meeting will be held Wednesday evening where the final report from the School Options Committee (SOC) for the Citadel family of schools is on the table.

The report recommends building a new junior high school that consolidates Grades 7 through 9 at Oxford School with Highland Park Junior High students, which a staff technic-

al report (also up Wednesday) supports "as staff considers the combined projected Grade 7-9 enrollment to be stable for the foreseeable future."

This would mean closing Highland Park Junior High and changing Oxford into a P-6 school, while also ensuring Oxford is included in a future review on south-end and west-end schools.

The committee also suggests major renovations to St. Joseph's-A. McKay Elementary, and minor renovations to Joseph Howe and St. Stephen's elementary schools.

If approved, the technical report said the next step is submitting a formal capital request to the province — but

"the approval of and schedule for a new school construction is not within the control of the HRSB staff or Governing Board."

The SOC is suggesting the Bloomfield Centre and the existing Highland Park location as possible sites for the future junior high, with room for more programming and extracurriculars.

+ CHECK IT OUT

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A demonstrator is arrested after disrupting a public hearing into the Energy East pipeline project on Monday. THE CANADIAN PRESS

Hearings cancelled following protests

PIPELINE

Three rowdy protesters are facing charges

Protesters forced the cancellation on Monday of the first day of hearings in Montreal into TransCanada's Energy East Pipeline project with police making three arrests.

A spokesperson for the National Energy Board (NEB), the federal regulatory body reviewing the project, could not confirm as of Monday afternoon if Day 2 of the hearings would go ahead as planned Tuesday.

One man charged at the three NEB commissioners seated at the front of the room minutes before the hearings were set to begin but was grabbed by security officers.

"TransCanada will not pass,"

he screamed as police dragged him away from the downtown conference room.

A 44-year-old man and 29-year-old woman were charged with obstruction and released, while a 35-year-old man was charged with obstruction and assaulting a police officer and remained detained as of Monday afternoon.

Police originally said the 44-year-old was also charged with assault.

Montreal Mayor Denis Coderre, along with the mayor of nearby Laval and other municipal representatives, walked out of the hearings not long after the demonstrators charged in.

Coderre was the first person scheduled to give testimony Monday but chose instead to leave, calling the protests a "masquerade."

He and many provincial politicians and First Nations

groups oppose TransCanada's project to transport crude oil from Alberta to New Brunswick.

"There are too many problems we are witnessing to accept the project," Coderre told reporters after he decided to leave the hearings.

"We're saying the project (TransCanada) presented is wrong, it's bad and we don't have the answers. And frankly one of the main issues is contingency plans, everything regarding safety."

Coderre asked last week for the hearings to be suspended after media reports revealed that two of the three NEB commissioners overseeing the review process met former Quebec premier Jean Charest, who was at the time a lobbyist for TransCanada.

He said he wasn't calling for the commissioners to resign, but that there was a perception of bias. THE CANADIAN PRESS

BANGLADESH

Detained student may be closer to freedom, lawyer says

Tahmid Khan has been detained in Bangladesh for nearly 60 days, but a lawyer working with his family hopes the killing of an alleged Canadian terrorist in that country could bring the University of Toronto student one step closer to release.

Police in Bangladesh killed three suspected militants in a raid Saturday near Dhaka, the country's capital. Among those reportedly shot dead

was Tamim Chowdhury, a Canadian-Bangladeshi citizen with suspected ties to Daesh.

Chowdhury was accused of plotting the hostage attack on the Holey Artisan Bakery café, which killed 20 people in early July.

Khan, 22, was one of two hostages from the attack who has been held in custody since July 2.

Marlys Edwardh, a lawyer working for Khan's family, said

there's no evidence to suggest any connection between Khan and Chowdhury, and points out that Khan has not been charged with any crime. Edwardh said she hopes Chowdhury's killing can rule out any link between Khan and terrorist groups.

Khan's most recent court appearance in Dhaka was on Sunday, when he was remanded in custody for another 21 days, Edwardh said.

TORSTAR NEWS SERVICE

PETS

Winnipeg's Trump bunny needs a home ... and a haircut



The Winnipeg Humane Society is hoping to make one bunny's life great again.

Donald Trump is a fluffy blond rabbit turned over to the humane society's care at the beginning of the month, and as of Monday, he's available for adoption.

Just one look at him and it's easy to see why staff named the critter after the real estate mogul turned reality TV star turned controversial presidential nominee.

"It was the hair on him, really," communications director Kyle Jahns said Monday. "He just had a wackier ... wild hairdo, which could have been moulded in a similar Donald Trump fashion."

Jahns said the rabbit is sweet, even a bit shy, at first meeting.

"I don't think he's anything like the guy that's he's named after," he said.

Bestowing animals with imaginative names is one way



The Winnipeg Humane Society is trying to find a home for a long-haired rabbit named after Donald Trump. CONTRIBUTED

staff try to catch the attention of potential pet owners.

"Especially with a rabbit like this, there are a lot of eyes on the election at this point, so we're hoping that he'll be able to find a home sooner rather than later," Jahns explained.

Like most rabbits, he said Donald enjoys munching on veggies and drinking water.

"He was a little skittish when I had met him for the

first time, but that's like any rabbit," he said.

"Once you earn his trust and get to learn a little bit about him, he becomes a little more cuddly and much more trusting."

But could the same be said about the Republican candidate south of the border?

"I'm not going to be the one to comment on that, I'm afraid," Jahns said with a laugh.



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Thousands of migrants saved on risky sea route

LIBYA

NGOs rescue 3,000 people trying to cross Mediterranean

Italian naval ships and vessels from non-government groups rescued thousands of migrants off the Libyan coast on Monday, the latest surge in desperate attempts to flee to Europe driven by war, poverty, and human traffickers.

The dramatic operation took place just 21 kilometres north of the town of Sabratha in Libya. Groups such as Proactiva Open Arms and Doctors Without Borders helped take on some 3,000 people who had been travelling in some 20 small wooden boats.

In images and video by The Associated Press, migrants from Eritrea and Somalia cheered as the rescue boats arrived, with some jumping into the water and swimming toward them while others carefully carried



Migrants, most of them from Eritrea, jump into the water from a crowded wooden boat as they are helped by members of a non-governmental organization. THE ASSOCIATED PRESS

babies onto the rescue ships.

Tens of thousands of Africans take the dangerous Mediterranean Sea route as a gateway to a better life in Europe, alongside those fleeing wars from Syria to Afghanistan.

Libya's chaos and lack of border controls have turned it into

a migrant transit route.

In June, the European Union expanded its anti-smuggling operation in the central Mediterranean to include training Libyan coastal and naval forces, which are intercepting boats and returning migrants to Libya, where some are being held in

abusive conditions.

Rights groups and experts estimate that there are about 3,500 migrants held in roughly 20 official detention facilities across Libya. Others are held in informal detention centres controlled by criminal gangs or armed groups. THE ASSOCIATED PRESS

VATICAN CITY

Mark Zuckerberg and Pope Francis meet IRL

Pope Francis has met with Facebook founder and CEO Mark Zuckerberg and Zuckerberg's wife, Priscilla Chan, at the Vatican.

Vatican spokesman Greg Burke says one topic of discussion at Monday's meeting was "how to use communication technologies to alleviate poverty, encourage a culture of encounter, and make a message of hope arrive, especially to those most in need."

The atmosphere appeared informal, with the chat taking place in the Santa Marta residence, the guest house in Vatican City where the pope lives.



Pope Francis shakes hands with Facebook's Mark Zuckerberg Monday. HANDOUT/AFP/GETTY IMAGES

Zuckerberg wore a dark suit and tie for the occasion while Chan wore a black, knee-length dress. THE ASSOCIATED PRESS

IN BRIEF

Clinton aide Abedin dumps Weiner over new scandal

Hillary Clinton aide Huma Abedin is done playing the good wife to Anthony Weiner, announcing Monday she is leaving the serially sexting ex-congressman after he was accused of sending raunchy photos and messages to yet another woman. THE ASSOCIATED PRESS

323 reindeer killed by lightning in Norway

More than 300 wild reindeer have been killed by lightning in central Norway. The Norwegian Environment Agency has released eerie images showing a jumble of reindeer carcasses scattered across a small area on the Hardangervidda mountain plateau. THE ASSOCIATED PRESS

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metro SPECIAL REPORT: DISCOVER SACKVILLE DRIVE

Tuesday, August 30, 2016 9

Niche businesses a growing trend

SACKVILLE DRIVE

Specialty stores from comics to cupcakes to salt cod are cropping up

Will Mason

Jay Aaron Roy admits that Cape & Cowl Comics & Collectables isn't your average Sackville business. It isn't even your average comic book store. Of course there are all the trappings that comic fans expect — the latest offerings from Marvel and DC, collectible toys and action figures, T-shirts and posters. But there is also a selection of vintage board games and the works of 60 local artists. Not to mention a drop-in centre in the back of the store.

"I'm proud to offer a lot of things that customers can't find anywhere else," says Roy. He's also proud of his drop-in centre, a space he uses to host birthday parties, movie nights and other events. He also provides the space to other groups within the community, including personal counselors and local youth groups. "The point of the store is to create a feeling that when you walk in, you're home."

A native of Fall River, Roy started Cape & Cowl as a way to help bring "geek culture and literacy" back to his home community. Today the Sackville Drive store is part of a growing number of niche businesses cropping up along Sackville Drive. A baby products store called the Royal Diaperer, a new cupcake bakery and a store specializing in all things Newfoundland and Labrador are all part of the trend.



Jay Aaron Roy is the founder of Cape & Cowl Comics and Collectables on Sackville Drive. CONTRIBUTED



I'm proud to offer a lot of things that customers can't find anywhere else

Jay Aaron Roy, Cape & Cowl Comics & Collectables

+ COMING SOON: A TASTE OF HOME

Colin Allen is one of the entrepreneurs behind the movement. When Allen moved to Halifax from his native Newfoundland and Labrador to open two Mary Brown's restaurant locations, he soon noticed that a lot of his fellow expats missed the products of home. Now he's about to open a new business that will tap into that homesickness. A Taste of Home will carry a host of products from Newfound-

land and Labrador including salt cod and capelin, jams, bakeapple candles, hats, mittens, socks and artisan jewelry.

While Allen expects that Newfoundlanders and Labradorians will be his first customers, he expects that Nova Scotians will also catch on before too long. "We're already getting a lot of interest," he says. A Taste of Home is slated to open in September. **WILL MASON**

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The Downsview Mall, left, is one of two locations slated for a new Sackville hotel development. CONTRIBUTED

New Sackville Drive hotel much needed

ACCOMMODATIONS Development welcome news for local community

Will Mason

A proposed new hotel for Sackville Drive is good news for the community, according to Michelle Champniss, executive director of the Sackville Business Association. "It's something that we have been working towards for five years," she says.

The Sackville Business Association commissioned a feasibility study in 2011 to gauge the potential for a new hotel operation in the area. That study was positive — indicated that Lower Sackville could support a 100-room hotel. The area around the intersection of Sackville Drive and the Beaver

Bank Road was identified in the study as the perfect location, close to local businesses and amenities and easily accessible from Highway 101.

Champniss says the hotel development is badly needed in the community. Lower Sackville has been without a hotel or motel property for more than six years, forcing travellers and businesspeople visiting the area to find accommodations to Bedford, Fall River and other areas.

Two large Nova Scotia-based developers are now expressing interest in building a hotel in Lower Sackville according to Champniss. Crombie REIT, the owners of Downsview Mall, recently applied to have that property rezoned to allow for hotel use. That application was approved by North West Community Council on August 8. "And the property owners of 858 Sackville Drive, in partnership with Pacrim Hospitality, recently announced the development of a hotel on their

property," says Champniss.

The Crombie REIT proposal indicates that their hotel would be built at the site of the former Staples store and part of the former Dollarama store at the Downsview Mall, while Pacrim Hospitality Services would build their development on a piece of land at the corner of Beaver Bank Connector Road and Sackville Drive. That property is owned by EC Development, a company that has entered into a partnership with Pacrim. The property is already zoned for hotel development.

Halifax-based Pacrim Hospitality Services Inc. is a privately owned hotel management and development company, that manages a portfolio of 17 multi-branded hotels throughout Canada and the United States, totalling some 1,930 hotel rooms and suites. Crombie REIT is an open-ended real estate investment trust based in New Glasgow. The company is one of Canada's leading national retail property landlords.

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Community gardens labour of love for volunteers

PLANT LOVERS

Museum and park grounds maintained by area residents

Will Mason

Sackville Drive has long been the commercial heart of the Sackville community. But lately the busy transportation corridor has become known for something a little more down to earth: beautiful gardens.

Two public gardens in particular — at Acadia Park and Fultz House Museum — have garnered plenty of attention from plant lovers and horticulturalists.

Acadia Park is located beside the Sackville Public Library. The garden project, led by a group of volunteers from the adjacent Acadia Hall, boasts a magnificent garden, a series of walking paths, a fountain and a central hilltop gazebo.

The park is a labour of love for the volunteers who visit the property daily throughout the summer to weed the flower beds, plant new flowers and

maintain the plots. A number of community groups and local businesses have donated money, materials, time and labour to the project as well. Trees, bushes, shrubs and flowers have been donated by a number of individuals and groups. The Kinsmen Club of Sackville donated the park's fountain and the Sackville Lions Club has held fundraisers for the park.

At the other end of Sackville Drive, the Fultz House

Museum garden is also a project carried out by a group of dedicated volunteers. In fact more than a dozen volunteers keep the museum and its popular gardens and trails operating every year. The gardens include the Heritage Garden and the Grindstone Garden with its prominent grist mill grindstone. Recently the Grindstone Garden was dedicated to the memory of Judy Church, a longtime volunteer at the museum and in the Sackville

Community.

The gardens and trails that surround Fultz House are not the only attraction that the popular museum offers. The museum maintains several period buildings including an old barrel-making shop, a reconstructed blacksmith's shop and the main house where the Fultz family once lived. It also has period carriages on display and many artifacts and documents related to the history of the Sackville area.

+ EVENTS

Fultz House Museum is also the site of community events, including the museum's popular Tuesday Tea that takes place every Tuesday at noon until Sept. 20. Each Tea is sponsored by a different business or community group.

The museum's annual heritage dinner will take place on Oct. 12, with the annual Community Craft Crawl slated for the week-end of Nov. 5-6.



Fultz House Museum is known for its garden and trails along with its historical collections. CONTRIBUTED

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Bringing the salmon back to Sackville River

SMALL VICTORIES

A greenbelt trail and the release of fingerlings by school children are all part of the plan



The Sackville River was once one of Nova Scotia's best salmon rivers. CONTRIBUTED

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Will Mason

This year in the murky depths of the Sackville River a total of 11 salmon tripped the counters placed there by the Sackville Rivers Association. Group president Walter Regan has mixed feelings about that number. On the one hand, it provides unmistakable proof that the urban river is still home to a native salmon population, but it's merely a remnant of a once-bountiful species.

"Historically we believe the river supported a population of around 1,000 salmon," says Regan. "But with the pressures of acid rain and urban runoff we feel the number it could support now is around 300. That's still a

lot more than 11."

Regan founded the Sackville Rivers Association nearly three decades ago after a day spent helping a neighbour haul garbage out of the river. Today the group works tirelessly to protect the river, educate the people who live around it and to try to restore it to its former glory.

It's been an uphill battle. The Sackville was once one of Nova Scotia's finest salmon rivers, a pristine transportation corridor that drained 147 square kilometres of land into Bedford Basin. But decades of urban stress and acid rain have taken their toll.

Today small victories keep Regan and his group going. The Sackville Rivers Association has spearheaded the development of a greenbelt trail along the river's edge that will someday stretch 40 kilometres from the river's mouth at Bedford Basin to Mount Uniacke.

The group is also winning hearts and minds among the next generation of citizens by operating a program at schools



+ EXPANDING POPULAR PROGRAM

Regan says schools across Nova Scotia have been requesting that the popular program be expanded to their areas. "We're looking for the funds to do that," he says. He's also lobbying the provincial government to

start a program to add lime to the water of the Sackville River — a process that would help to neutralize the damaging effects of acid rain. "A program like that could go a long way to help bring salmon back to the river."

around the area — a program that encourages students to grow their own salmon eggs in classroom aquariums and to release them into the river as fingerlings in spring. They even give names

to their fish.

"Those kids are going to think twice before they throw a chip bag into the river," says Regan. "It's their river and they want to protect it."

“It's their river and they want to protect it.”

Walter Regan,
Sackville Rivers Association

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Greenway nears completion of first section

MULTI-USE TRAIL

Bridge another link in project to run length of Sackville River

Will Mason

Lately a lot of people have been asking Walter Regan when the bridge across the Sackville River behind the Lion's Club is going to be finished. "I'm getting lots of calls," says the president and founder of the Sackville Rivers Association. "People can't wait for the bridge to be finished." He tells them all the same thing: the bridge and the trail that it connects will be completed soon, hopefully in time for Canada's 150th birthday celebration in 2017. "We're hoping for a big ribbon-cutting ceremony," he says.

Regan is one of the driving forces behind the Sackville Greenway Trail, a project that will eventually see a multi-use active transportation trail developed along the length of the Sackville River. Today the trail connects the communities of Bedford and Sackville via a pass under Highway 102 — the first walking trail to do so. The section currently under development is known as Section B.

"Eventually we hope to see it extended all the way to Mount Uniacke," says Regan. "We expect it will take 20 years to complete."

Section B that runs from Glendale Drive to the Downsview Mall will actually be the first full section of the trail to be completed. The five-year long



When the Sackville Greenway is complete it will stretch 40 kilometres from Bedford to Mount Uniacke. CONTRIBUTED



The ongoing curiosity about the bridge shows just how anxious trail users in the community are to start using the Sackville Greenway, says Regan. The section of the trail that connects Bedford and Sackville already attracts about 25,000 to 30,000 individual users every year — walkers, cyclists and even a few inline skaters.

"The trail has been designed with active transportation in mind. It's going to be hard surfaced and four metres wide so that everyone can use it to get to where they're going. It will be a real asset to the community."

In addition to HRM, community groups in Sackville have also stepped up to take part in the trail construction. "We've had a lot of support from the Sackville Lions Club, the Sackville Business Association and a number of other groups," he says. "Everyone is behind this project."



The trail has been designed with active transportation in mind ... It will be a real asset to the community

Walter Regan,
Sackville Rivers
Association

project is under the supervision of the Halifax Regional Municipality. HRM has already provided the bulk of the \$1.2 million cost of the trail, with the rest coming from the provincial government. Regan says the trail

will eventually connect with the TransCanada Trail in Dartmouth as part of an HRM long-term plan called Boardwalk Around The Harbour (BATH). "BATH is very much a part of HRM's vision," he says.



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ROSEMARY WESTWOOD in Vancouver

The B.C. Liberals' new climate change policy is a futile attempt to balance what's desperately needed with what's politically expedient — and it provides a perfect example of a society frozen in inaction

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: The environment.

Even those who don't often dream will likely have had this one: You are alone, and in danger. Some evil is about to fall, but you can't move or even scream. The doom approaches, and you're stunned, useless.

This, broadly, feels like our collective response to climate change.

Certainly, this is the moment of impending catastrophe. In just the last few weeks, one scientist predicted that "next year or the year after, the Arctic will be free of ice"; Rolling Stone magazine warned we've reached "the point of no return," that sea levels could rise 10 times faster than predicted, and suggested "historians may look to 2015 as the year when shit really started hitting the fan;" the small village of Newtok, Alaska, has voted to relocate as rising waters erode the town's land; global coffee production is estimated to be halved by rising temperatures; and a New York Times map of projected temperatures across the U.S. showed 100-degree-Fahrenheit days soaking the continent by 2100, like some deadly red dye.

Tossed into this whirlpool of bad news is the B.C. Liberals' much-anticipated climate change policy, providing a perfect example of a society frozen in inaction.

Released last week, it's a document written for gentler a time — or a time when we had time on our side. Tom-

If we all took climate change as seriously as we should, high carbon taxes would be politically expedient

Pierre Frappé-Sénécléuze, a senior advisor at the Pembina Institute, described it as "disappointing," but another equally apt word would be "useless." Premier Christy Clark is seeking to balance something desperately needed — the curbing of greenhouse

newable energy technology to drive economic growth.

Pitting climate change against the "economy" is a false dichotomy, he said, arguing green energy "is a trillion-dollar market, globally." While the policy requires that the liquefied natural gas industry

would be politically expedient.

It's not that we don't care about irreversible changes to the world that could wreak havoc on the food supply, force mass migration that would make the situation in Europe seem manageable, upend global trade and slap a



B.C. Premier Christy Clark, back left, and B.C. Environment Minister Mary Polak plug in an electric vehicle before announcing the province's climate action plan in Richmond, B.C., on Aug. 19. DARRYL DYCK/HE CANADIAN PRESS

gas emissions — with something politically expedient — the protection of gas prices at the pump, as well as "jobs" and the "economy."

The carbon tax will remain frozen, instead of increasing by \$10 per tonne a year, as the province's Climate Leadership Team recommended. Since the province is already off track in meeting 2020 emissions targets set in 2007, the new plan aims to keep a promise to reduce emissions by 80 per cent from the 2007 level by 2050, suggesting accountability is really only important a few decades from now.

The policy makes a few weak gestures to the future, said Frappé-Sénécléuze (like increased tree planting and electrical car charging stations), while missing two key opportunities: increasing the carbon tax and investing in re-

duce leaked emission and methane by 45 per cent by 2025, Frappé-Sénécléuze sees those as efforts to prop up an existing resource industry at the expense of developing new energy sources.

"Everybody right now is given a free cheque to pollute," Frappé-Sénécléuze said, and that "has a real effect and a huge cost to our children."

But not, necessarily, to us. And certainly not to the premier's political career. Whatever haunts Clark's dreams, it's clearly not climate change.

It should be obvious to us all that an insufficient amount of fear around environmental changes will be disastrous. But the B.C. Liberals aren't alone in their blasé response.

If we all took climate change as seriously as we should, high carbon taxes and big investments in renewables

foreclosure sign across Whistler Blackcomb. It's that we can't quite seem to care more about them than we do our current conveniences.

There are undoubtedly some people for whom a gas hike would be a genuine economic hardship (and the premier's own Climate Leadership Team suggested ways to mitigate that impact), but the truth is most of us could manage to pay more.

If we don't want to, than that's just our petty preferences. And if we continue to prioritize the status quo — out of sheer laziness, let's face it — then politicians will continue to offer limp policies, and we'll all get the apocalyptic future we deserve.

Tomorrow: What it takes to rent a place in Canada's most competitive market.

Sobeys made all wrong moves in profiling case

HALIFAX MATTERS

Stephen Kimber



If you'd like an object lesson in how not to conduct corporate public relations, consider how Sobeys, the iconic Nova Scotia-rooted company that operates the second largest supermarket chain in the country, bungled a racial-profiling case.

The story began back in May 2009 when an assistant manager at the Sobeys Hammonds Plains outlet confronted a woman named Andrella David, who was waiting in line for an ice cream, publicly accusing her of being "a known shoplifter."

The manager pointedly declared Sobeys had recently caught a thief from "Pockwock Road," a predominantly black neighbourhood near the store, noted the incident occurred on "cheque day" and claimed David had been videotaped stealing.

David rightly demanded to see the surveillance footage. "If you think that's me," she said, noting the physical differences between her and the woman on the recording, "you must think all black people look alike."

She complained to the Sobeys head office, which sided with the manager — even though the manager would later admit she knew right away "what I did was wrong."

Instead of acknowledging as much and apologizing, Sobeys decided to double down, pushing the case all the way to an independent human rights commission board of in-

quiry.

The board eventually concluded David had been the victim of racial discrimination and profiling, and, in April — seven years after the incident — ordered Sobeys to apologize in writing and pay David \$21,000 in damages. It also instructed the company to provide its employees with anti-discrimination training.

Sobeys ... appealed. Really? Really.

In fact, it wasn't until last Monday, two days after the African United Baptist Association of Nova Scotia, the province's "largest black institution," announced plans to boycott the grocery chain until it apologized and implemented the human rights decision, that the company tepidly suggested in an email release it might withdraw its appeal.

It took until Friday for Sobeys to confirm it would finally obey the order.

Even then, the company seemed petulantly reluctant to accept real responsibility. "Sobeys regrets that this matter has taken so long to come to a conclusion," it said carefully, but it did not say it regretted racially profiling and humiliating Andrella David, or publicly apologize to her — or to the black community.

Poor public relations. Worse corporate behaviour.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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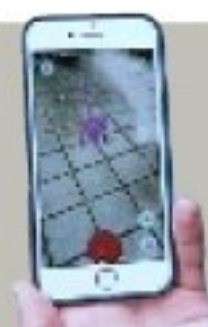
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Want to look buff? Erick Fleishman says there are three important keys to physical transformation: exercise, diet and sleep. And sleep is the most important. TORSTAR NEWS SERVICE

How to get Hollywood muscle

INTERVIEW

Trainer shares what's needed to get as buff as your screen idol

A short drive from Warner Bros. and Universal Studios in California, you'll find Eric Fleishman.

Herculean in size, he looks like an extra in Game of Thrones — but he just trains them. He's also worked with much of the cast of AMC's The Walking Dead. Now he's released a how-to manual and mobile app package called Hollywood Muscle.

Fleishman stopped in Toronto for the Canfitpro World Fitness Expo, how to go from weakling to warrior.

This interview has been condensed for clarity and brevity.

What's the key to physical transformation?

Three things: exercise, diet and sleep. Of the three, the most important is sleep. You'll hear many fitness professionals tell you that it's 90 per cent diet but they're not telling you the truth. But the magical element in the science of change that causes the physical transformation is sleep.

When it comes to physical

transition, the hours before midnight are worth nearly twice as much as the hours after midnight. The version of you that goes to bed at 10 p.m. and wakes up at 6 a.m. is actually better looking and changes more than the version of you that goes to bed at midnight and wakes up at 8 a.m.

Let's talk nutrition for different body types.

When it comes to men, there are basically three options that I give all actors.

Option No. 1: I could turn him into what I call a "sleek ninja." I could take a normal-looking man and make him



I can make a normal guy look like Tarzan

Eric Fleishman

smaller, tighter, sinewy, very much like Bruce Lee. If your readers want to look like a sleek ninja, I would put them on a strict diet of egg whites, tuna, salmon, green salad. It would be a very lean diet with protein sources that encourage



the body to be small but sleek.

Option No. 2: "Lord of the jungle." I can make a normal guy look like Tarzan. Tarzan has broad shoulders, a small waist, increased pectorals that are high and flat on his torso, like two dinner plates. If they

want to look more like Tarzan, I would add in some whole eggs to that diet, some chicken and occasional steak and some turkey.

Option No. 3: "The Incredible Hulk." This guy is massive, covered in muscle. The type of person you see walking down the street and you cross the road because you don't want to be near the person. I can give him excess physical relevance.

If they want to look like the Incredible Hulk: whole eggs, cottage cheese, steak, beef in general — those things would encourage size.

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No shower week an odorous task

The dare: Go a week without showering. Here's how one writer fared in the challenge

Carli Stephens-Rothman
Torstar News Service

I went on a four-week canoe trip when I was 15 years old. When it was over, my parents picked me up and we drove the two-hour trip home together.

Seconds after getting on the highway, my mother craned her neck through the open window like a golden retriever, shouting back that I smelled like "bonfire and corpses." She was laughing, but also gagging.

Curious, I stuck my finger under my arm and brought it to my nose. I couldn't smell anything but I trusted my mother — a woman who, due to a lifetime spent smoking, couldn't smell toast burning in the same room — and I vowed to never go a day, let alone a

month, without bathing again.

When my editor asked if I'd like to write about going shower-free for a week, all I could think of was that car ride.

The sound of my mother cackling and retching came flooding back to me instantly, like some kind of B.O.-P.T.S.D., and I felt immediately defeated. After expressing the trepidation to my editor, she sent me an article to reference from the Atlantic, where a writer had stopped showering and loved it.

He opened his piece by disclosing that he, too, felt skeptical about making the change at the outset. But after a few weeks, his body simply adjusted.

He was no longer oily, or smelly, and concluded that we spend two whole years of our lives in the confines of our shower stalls, needlessly.

Reading this, I thought about what I might do with two years worth of free time. Immediately, images of a deep-soaker tub, candles and spa music came to mind.

This was going to be hard. I'd need to rewire.

Day 1

Surprisingly, though, my first morning was both freeing and enlightening. I didn't have to bang on the bathroom door, screaming at my boyfriend that I needed to get in there right now, because I didn't actually need to. We squabble over two things: shower time and radio stations. This new way of life could solve 50 per cent of our problems!

I left for the day feeling smug, as if I'd discovered the world's greatest life hack, and mentally planned my wedding as I walked to work.

You see, we're not even engaged, but now that I knew the secret to success in relationships was steering clear of the bathroom,

it would only be a matter of time. I arrived at work 30 minutes early, with a fantastic idea for reception catering.



Other than saving time and reducing fights with her boyfriend, Carli Stephens-Rothman's attempt to avoid bathing proved a bit too much to bear. CONTRIBUTED

Day 2

I awoke feeling even more determined. I dampened my hair in the sink, no shampoo, rinsed my face, no soap, and applied deodorant. The Atlantic guy said he used deodorant from time to time but, for me, it would be non-negotiable.

By day's end, although not feeling totally filthy, I did feel as if there was a slick film forming on my face. I went to sleep meditating on pimples, something I haven't dealt with since high school.

Day 3

I awoke in a terrible mood following a night of sticky tossing. The temperature had shot up and the wobbly fan in the corner did little to make me comfortable as I slept.

Looking in the bathroom mirror, I touched my hair, which looked as if I'd been doing headstands in a frying pan. My sweat glands had revolted in the heat, so perhaps a cool rinse would be OK? I kept it to two minutes — phone timer set — and relished every second, not scrubbing.

Just before lunch, the new receptionist knocked on my door asking to speak with me. Someone has complained, I thought. Bonfire and corpses. Retching and cackling. I quickly pumped sanitizer into my hands hoping the antiseptic smell would overtake the aura of stench I imagined surrounded me.

"Sorry to bother you," she began, "do you know how to replace the paper towel in the washroom?"

As I showed her to the sup-



ply closet, I felt nervous-sweat (which is different than heat-sweat, FYI) in places I'd never felt sweat before, making dangerous matters worse.

When I left that night for the weekend, I walked home with my arms straight down and my palms pushed flat to my sides, in an attempt to hermetically seal my armpits, and made a plan to ride out the rest of the week-long challenge quarantined in the spare bedroom.

Day 4

Today brought an opportunity to go to the beach with friends. I shaved my legs in the sink, applied deodorant and put on a baseball hat. The lake water would be a nice cheat, I thought. It saddened me to discover, then, that the topic of conversation that afternoon would be a history of freshwater duck lice in that very lake. I learned all about it as I stood waist deep in the waves! Fun fact: Duck Lice, also known as Swimmer's Itch

or cercarial dermatitis, is extremely common in slow-moving freshwater.

I moved, not so slowly, out of the lake and sat on my towel, picturing tiny parasites having a party in the safe, damp, darkness of my bathing suit. The scratching began as soon as we got into the car. All evening, I scratched and scratched, raking my skin first with my nails, and then with a hairbrush.

I texted a fellow swimmer to see if she was itchy. She was not. I rubbed an oatmeal-based lotion into my legs, arms and pretty much everywhere else and then went to bed. Despite having no visible rash and being the only swimmer from the day experiencing irritation, I still knew it. "You have duck lice," my brain screamed. "You are disgusting."

Disregarding the phenomenon of psychosomatics, I vowed to dismiss the assignment. Tomorrow, I would shower. And probably burn my sheets.

Day 5

In the morning, I sprinted from my bedroom to the bathroom and cranked my shower to scalding. I methodically laid out a bathmat, grabbed a newly laundered towel and prepared to baptize myself in lightly scented gel-based body wash for combination skin.

Once wet, I sang to myself as I lathered, rinsed and repeated. Twice. The imaginary duck lice was gone, I had dodged a pre-hormonal acne outbreak and ... "Dude, can't you hear I'm in here? Wait your turn! Lalala!"

I had failed the challenge but I was fresh. And that's what mattered most. I'm certain I'm not unique to other human beings.

Like the Atlantic guy, I probably would have levelled out after a few weeks. But as I learned on that canoe trip 14 years ago, the journey is just as important as arriving at the destination.

Perhaps one man's vanity is another man's sanity and maybe my reasons for wanting to bathe are a little bit shallow, but there's no place like a deep, deep bubble bath to contemplate those insecurities.

Ollie Domestic Short Hair

2 year-old Ollie is one jolly, outgoing and friendly fellow. He's an active cat who enjoys playing with his toys, chasing his tail and generally making merry. Ollie is also strikingly handsome... a real boy's boy. This sweet, good-natured feline needs someone willing to help him feel loved and secure in his new forever home. Also, he needs to be adopted into a household with no other animal family members (no other cats or dogs) ...who doesn't want all the love and attention for them self? **If you are interested in meeting this gregarious lad, please drop by the shelter today!**



For more information on Ollie and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Gene Wilder died late Sunday from complications from Alzheimer's disease. TORSTAR ARCHIVE

Wilder blessed films with magic

OBITUARY

Mel Brooks mourns passing of collaborator and friend

Gene Wilder, the frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in *The Producers* and the deranged animator of Young Frankenstein, has died. He was 83.

Wilder's nephew said Monday that the actor and writer died late Sunday at his home in Stamford, Connecticut, from complications from Alzheimer's disease.

Jordan Walker-Pearlman said in a statement that Wilder was diagnosed with the disease three years ago, but kept the condition private so as not to disappoint fans. "He simply couldn't bear the idea of one less smile in the world," Walker-Pearlman said.

Wilder started his acting career on the stage, but millions knew him from his work in the movies, especially his collaborations with Mel Brooks on *The Producers*, *Blazing Saddles* and *Young Frankenstein*. The last film — with Wilder playing a California-born descendant of the mad scientist, insisting that his name is pronounced "Frah-nken-SHTEEN" — was co-written by Brooks and Wilder.

"One of the truly great talents of our time," Mel Brooks tweeted. "He blessed every film we did with his magic & he blessed me with his friendship."



Gene Wilder was known for his role in *Willy Wonka and the Chocolate Factory* (above) and *Young Frankenstein*. TORSTAR ARCHIVE

With his unkempt hair and big, buggy eyes, Wilder was a master at playing panicked characters caught up in schemes that only a madman such as Brooks could devise. But he also knew how to keep it cool as the boozy gunslinger in *Blazing Saddles* or the charming candy man in the children's favourite *Willy Wonka and the Chocolate Factory*. His craziest role: the therapist having an affair with a sheep in *Woody Allen's Everything You Wanted to Know About Sex*.

In 1982, while making the generally forgettable *Hanky Panky*,

he fell in love with co-star Gilda Radner. They were married in 1984, and co-starred in two Wilder-penned films: *The Lady in Red* and *Haunted Honeymoon*.

After Radner died of ovarian cancer in 1989, Wilder spent much of his time after promoting cancer research. He opened a support facility for cancer patients called Gilda's Place. In 1991, he testified before Congress about the need for increased testing for cancer. Wilder is survived by his wife, Karen, whom he married in 1991.

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Via Burnside/Highway 118, (Exit 12) off Highway 111

Wayne Rooney will remain England captain but will be used as a deep-lying forward instead of a midfielder under new manager Sam Allardyce



Olympic Games revitalize Orton's competitive spirit

PADDLING

Dartmouth hosts sprint canoe, kayak nationals



Kristen Lipscombe
Metro | Halifax

Genevieve Orton may not have medalled in Rio, but the Olympic experience left quite the impression on the Lake Echo kayaker.

Before leaving for Brazil, she had intended on retiring after this week's Canadian Sprint Canoe/Kayak Championships, which run Tuesday through Sunday in Dartmouth.

But after finishing fifth in the consolation final of the women's K2 500-metre event, and eighth in the final of the women's K4 500-metre competition, Orton may not be putting away her paddles, after all. "I've been broadcasting to the world that I'm retiring all summer, and then I got to the Olympics, and totally caught the bug, and now I want to keep going," the 32-year-old Dartmouth resident and Dalhousie University alumna said Monday.

"I've got some tough decisions to make, for sure."

Before making any big de-



Sprint kayaker Genevieve Orton competes in Rio earlier this month. MARK KOLBE/GETTY IMAGES

cisions about her competitive career, Orton will be participating in this year's national championships, which return to Dartmouth for the first time in seven years. She'll be racing in three K2 events, one K4 event and a couple of war canoe competitions on Lake Banook.

"For me, nationals is more about re-connecting with ... the kids from the canoe club," Orton said.

"It's less about perform-

"I feel like maybe there is more talent in me that I haven't shown yet."

Genevieve Orton

ance, and more about having a chance to get back in the boat with some of the younger kids and see(ing) if I can do a little

bit of inspiring or motivating." Orton is one of nine Olympians from Rio 2016 competing this week.

In total, there will be about 1,400 competitors in various age groups, including hundreds from Nova Scotia hitting the water this week, host organizing committee co-chairman Bob Russell said Monday.

More senior racers will be "competing to be the best in Canada, and perhaps maybe

be named to Canada's national team," Russell said.

Nova Scotia has a strong base of experience and knowledge in the sport to draw from in hosting this national championship, Russell said, pointing out that Dartmouth also hosted the 2009 International Canoe Federation (ICF) Canoe Sprint World Championships. Orton snagged a bronze in the K1 4x200-metre relay at that event.

"It's been, arguably, the most successful sport, competitively, for Nova Scotia," he said. "We've been producing Olympians year after year."

The fact that nationals are happening almost immediately after the 2016 Olympic Summer Games in Rio de Janeiro should help get more young athletes into boats, Russell said.

"One of the unique things about our sport is that the Olympians compete (in) the same competitions as the young teenagers who are looking up to them," Russell said.

"So you'll have a guy like Mark de Jonge, who's just back from competing in the Olympic finals in Rio, and he might be in a war canoe and have a 15-year-old guy right beside him."

The 32-year-old Halifax resident finished seventh in the men's K1 200-metre event in Rio, and also claimed a bronze medal in the K1 100-metre event at the 2012 Olympic Summer Games in London.

U.S. OPEN

Pospisil off the schneid at majors

Vancouver's Vasek Pospisil earned his first Grand Slam victory of the year on Monday, downing Slovakia's Jozef Kovalik in straight sets at the U.S. Open.

Pospisil fired seven aces and broke Kovalik five times in a 6-1, 6-3, 6-3 victory.

The Canadian will face South Africa's Kevin Anderson in the next round.

It was an essential victory for Pospisil as he tries to turn his singles game around after falling from 39th at the start of the year to 123rd heading into the last major of the season.

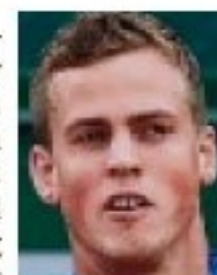
He has a 7-21 singles record this year including first-round losses at the Australian Open, French Open and Wimbledon.

He has fared much better in doubles, where he is ranked 14th and reached the bronze-medal match at the Rio Olympics with Toronto's Daniel Nestor.

Later Monday, fifth seed Milos Raonic of Thornhill, Ont., faced Germany's Dustin Brown.

Eugenie Bouchard of Westmount, Que., plays her first-round singles match on Tuesday against Katerina Siniakova of the Czech Republic.

THE CANADIAN PRESS



Vasek Pospisil
GETTY IMAGES

MLB

Jays make room on roster for Navarro

The Toronto Blue Jays have designated Josh Thole for assignment to make room for catcher Dioner Navarro.

The Blue Jays acquired Navarro from the Chicago White Sox for left-handed pitching prospect Colton Turner. He reported to the team Monday before the opening game of an American League East showdown with the Baltimore Orioles.

Navarro has struggled a bit this season with a .210 batting



Josh Thole
GETTY IMAGES

average but he has driven in 32 runs.

Thole is primarily used as the catcher for knuckleballer R.A. Dickey, but his .158 average makes him a liability on offence.

He could return to the Blue Jays if he clears waivers.

THE CANADIAN PRESS

IN BRIEF

Bosh releases video of him back on hardwood

Chris Bosh is back on the basketball court, dropping a big hint that he plans to try playing for the Miami Heat again this season.

Bosh released a video Monday on Snapchat of him going through a non-contact workout. It's the first time this off-season that he's revealed doing any on-court work. Each of his last two seasons were cut short by the formation of blood clots.

THE ASSOCIATED PRESS

NFL

Siemian to start at QB for Broncos

Trevor Siemian is Peyton Manning's successor.

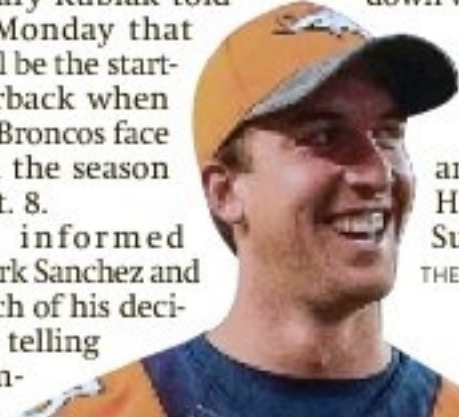
Coach Gary Kubiak told the team Monday that Siemian will be the starting quarterback when the Denver Broncos face Carolina in the season opener Sept. 8.

Kubiak informed Siemian, Mark Sanchez and Paxton Lynch of his decision before telling their teammates.

Siemian has just one NFL snap on his resumé, a kneel-down when he was the No. 3 QB last year behind Manning and Brock Osweiler.

Manning retired and Osweiler left for Houston after the Super Bowl.

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Trevor Siemian
GETTY IMAGES

NOTES

■ Gael Monfils literally brought the house down in chasing an overhead Monday. Monfils went leaping into the back wall and his right foot kicked a clock apparatus. A moment later, the whole panel tumbled forward, spilling out wires from behind. The Frenchman went on to beat Gilles Muller 6-4, 6-2, 7-6 (5).

■ Playing with his left wrist heavily bandaged, Rafael Nadal beat Denis Istomin 6-1, 6-4, 6-2.

RECIPE Slow Cooker Beef Chili



PHOTO: MAWA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't believe such complex flavours come out of such little effort. Thank your slow cooker for doing all the work for you, alright?

Ready in 8 hours, 20 minutes

Prep time: 10 minutes
Cook time: 8 hours, 10 minutes
Serves 4 to 6

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.

2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

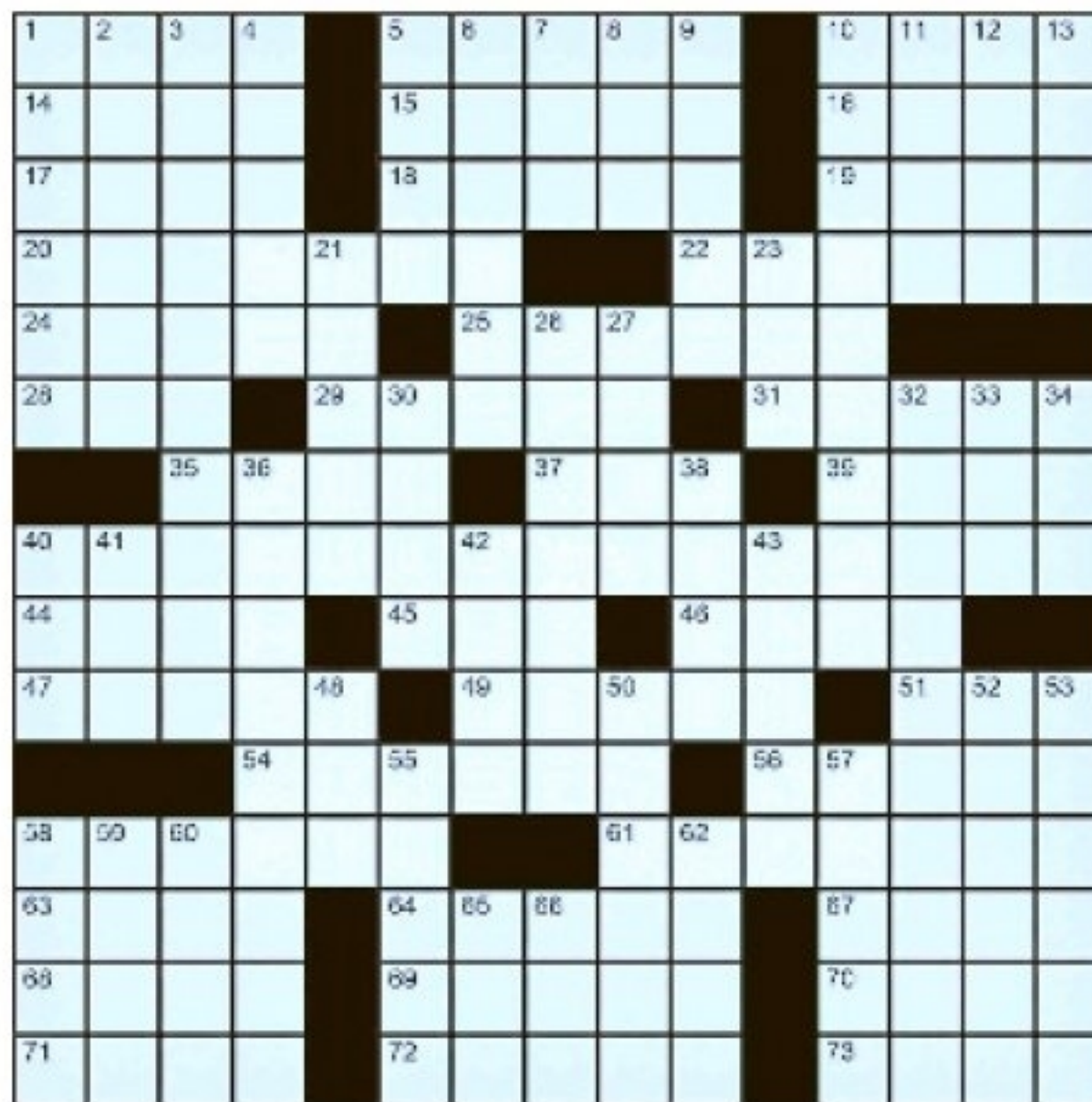
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Come clean, __ up
- Bar, in law
- Bowler feature
- Literary collection [abbr.]
- Steam bath
- Vegas gambling alternative
- Hollywood legend Mr. Grant
- Chapel area
- Poet's preposition
- Wolfgang __ Mozart (b.1756 - d.1791)
- Sinew
- Satan
- Measure
- Yalie
- Matter at hand
- Plucked banjo string sound
- Memo
- Greg to Marcia, for short
- "__ you five dollars that..." (Challenge opener)
- Do this as a border guard at a Canada-USA crossing: 2 wds.
- __ + The Mechanics ('80s band)
- Definite article
- Cod-like fish
- Actress, Lara __ Boyle
- "He doesn't know how to 'stay' __ yet, but he understands 'walkie.'" ...said the new puppy owner to the dog trainer
- Actor Alastair
- Quadrant
- Street in Quebec City, __ Sault-au-Matelot



- Dar es __ (Tanzania city)
- Title of Percy Bysshe Shelley's elegy for John Keats
- Swanky
- Stop driving
- "__" (Response to "How are ya?")
- "And __ and..."

- (Band leader's counting intro)
- Raring to go
- Prefix to 'phony' (Harsh noise)
- Tinted
- Weaponize again
- Chalcedony variety

DOWN

- Window dressing
- Manicurist's lacquer
- Igor of classical music composing
- British royal, to the press, when she first stepped onto the world stage in the early

- 1980s: 2 wds.
- Old Testament twin
- Dips for tortillas
- King __
- Bird __ Wire (1990)
- Ex __ communications (Legal no-no)
- Canadian canned

- sardines brand
- Rip apart
- Call __ question
- Earth's night light
- Upper crust
- 'He is' in Montreal, Il __
- Bring down/overthrow
- Very dry
- Faction
- Royal Canadian Navy gig: 2 wds.
- Born, bride-style
- Lettered sports cars
- __ sandwich
- "__" (Hey, I just spotted you here)
- Global currency org.
- Nada
- Norse thunder god
- Medical prefix meaning 'Healing'
- Perfume by Cacharel
- Salt __
- Complete nonsense
- Canadian Arctic animal
- Earthy pigment
- Canned brand of Canadian chick peas
- Carangid fish
- Skipper's salute!
- Queue
- 'Lubri' add-on (Skin moisturizer brand)
- Norma __ (1979)
- Palindromic honorific

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely, playful time for Aries! Accept invitations to party. Enjoy romance, entertaining diversions plus playful activities with children.

Taurus April 21 - May 21
Home and family are your primary focus today. Home repairs, plus redecorating projects, are on your mind. However, you might want to just cocoon today.

Gemini May 22 - June 21
Your daily pace is busy with short trips, discussions with everyone and increased reading and writing. Today you feel a strong need to be heard by someone.

Cancer June 22 - July 23
You have moneymaking ideas because you want to boost your income now. However, you also are buying beautiful things for yourself and loved ones. Yes, money is on your mind.

Leo July 24 - Aug. 23
The Sun, the Moon, Mercury and Venus all are in Leo! Yes, you will rule! This is a good day to ask the universe for a favor, because you just might get it.

Virgo Aug. 24 - Sept. 23
You prefer to work alone or behind the scenes today, because you feel somewhat withdrawn. You need a breather from the busyness of everything going on around you. (Gasp!)

Libra Sept. 24 - Oct. 23
This is a popular time for Libras! Enjoy interactions with others, especially in groups. Younger, creative people will appeal to you now

Scorpio Oct. 24 - Nov. 22
You make an excellent impression on bosses, parents and VIPs right now — and you can use this to your advantage. Ask for what you want. Get the approval you need. Try it!

Sagittarius Nov. 23 - Dec. 21
Travel and a chance to get further education or training are easy things for you to accomplish right now. Do anything to break free from your daily, humdrum routine.

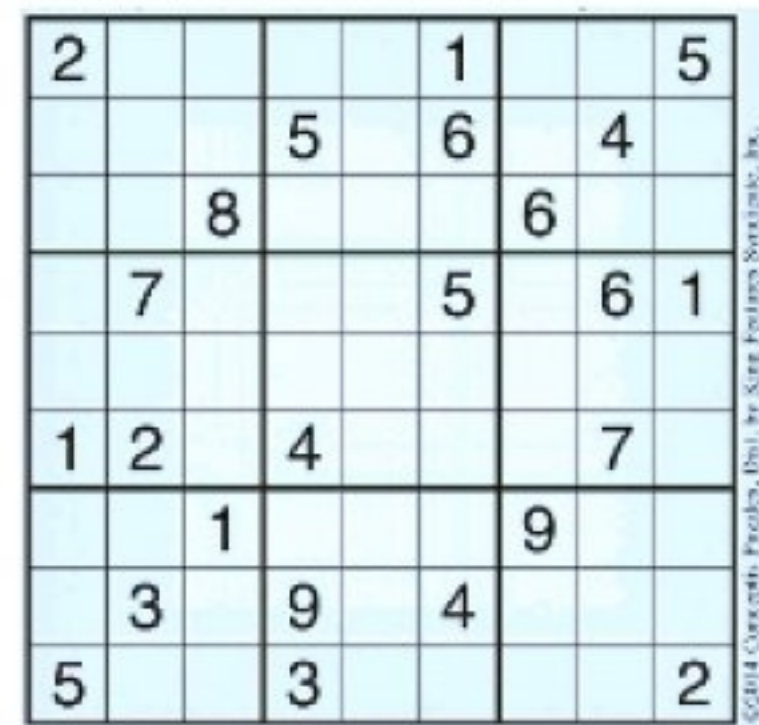
Capricorn Dec. 22 - Jan. 20
This is a good day to ask for a loan or mortgage, because you can benefit from the wealth and resources of others at this time. Today, in particular, the Moon will help you even more so.

Aquarius Jan. 21 - Feb. 19
You have a strong focus now on partners and close friends. Things will flow along easiest today if you compromise with others. Cut someone some slack

Pisces Feb. 20 - March 20
Act on your urge to get better organized, because this will please you. Co-workers are cooperative, that's for sure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	5	8	3	9	6	7	2	4
7	4	3	2	8	5	9	6	1
2	9	6	4	1	7	8	3	5
5	8	7	9	6	2	1	4	3
4	6	2	7	3	1	5	9	8
9	3	1	5	4	8	2	7	6
8	7	4	6	5	9	3	1	2
3	2	5	1	7	4	6	8	9
6	1	9	8	2	3	4	5	7

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